



Regionale Hechtelse Duinen West Leopoldsburg - Hechtel 19.1.2025 K.O.L.

Michel OOMS

Omega

Omloop : H:05

Afstand : 3780m

Tijd : 1:10:57 (18'46"/km)

17/29

O.K.

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|----------------------|---------|
| 1. Kris VERDUYCKT | 0:34:26 |
| 2. Ivo TIMMERMANS | 0:42:58 |
| 3. Helmut WOLLGARTEN | 0:50:15 |

1.	203	00:03:41		144m	25'35"/km
2.	41	00:03:50	00:07:31	211m	18'10"/km
3.	56	00:03:13	00:10:44	198m	16'15"/km
4.	195	00:13:00	00:23:44	426m	30'31"/km
5.	47	00:01:55	00:25:39	97m	19'46"/km
6.	62	00:04:28	00:30:07	321m	13'55"/km
7.	190	00:02:15	00:32:22	158m	14'14"/km
8.	64	00:04:15	00:36:37	284m	14'58"/km
9.	48	00:02:31	00:39:08	107m	23'31"/km
10.	196	00:03:08	00:42:16	229m	13'41"/km
11.	197	00:08:00	00:50:16	267m	29'58"/km
12.	35	00:05:49	00:56:05	449m	12'57"/km
13.	193	00:03:08	00:59:13	197m	15'54"/km
14.	40	00:08:37	01:07:50	536m	16'05"/km
15.	200	00:02:43	01:10:33	101m	26'54"/km
16.	999	00:00:24	01:10:57	60m	6'40"/km

Orienteering Software